



## Prevention in Iowa: Addressing Substance Misuse and Problem Gambling



### Why is prevention important to Iowans?

- The combined direct and indirect costs of substance use disorders reaches hundreds of billions of dollars annually in the US (health care, crime, law enforcement, motor vehicle crashes and lost productivity).
- The rate of alcohol-related mortality per 100,000 Iowa residents has increased since 2010, similar to national rates.
- Current alcohol use among Iowans 18 and older is higher than the national average, with a widening gap in recent years.
- Binge drinking among Iowans 18 and older remains steady and above the national average.
- Almost one in four adult Iowans knows a person whose gambling may be causing problems.
- In 2018, there were 616 alcohol-involved deaths, 136 opioid-involved deaths (including heroin), and 91 psycho-stimulant deaths (includes methamphetamine).
- Iowa offers many gambling/gaming opportunities (19 casinos licensed by the [Iowa Racing and Gaming Commission](#), four tribal casinos, [2,400 lottery outlets](#), over [2,200 licensed social, charitable and amusement gambling options](#)), and [5,452 registered amusement devices](#).

### Did you know?

Alcohol and problem gambling affect many Iowans — 20% of 11th grade students reported use of alcohol in the past 30 days and 23% of adults reported binge drinking. Approximately 315,000 adult Iowans (13.6%) report experiencing at least one problem with their gambling.

### A focus on health equity

Prevention services focus on relevant, culturally appropriate approaches through:

- Use of the Strategic Prevention Framework (SPF) for service planning. The SPF is a five-step planning model that includes a focus on cultural competency and sustainability in each step.
- Use of the National Culturally and Linguistically Appropriate Services (CLAS) standards to implement culturally appropriate prevention services that will advance health equity.

### What does the department do?

- Ensures that [primary substance abuse](#) and [problem gambling prevention services](#) are available to residents of all 99 Iowa counties by funding the Integrated Provider Network to implement [primary substance abuse prevention services](#) and prevention and education services on the risks and responsibilities of gambling.
- Funds 13 organizations to provide youth development and prevention through mentoring services.
- Funds seven [community coalitions](#) to provide environmental substance abuse prevention strategies to reduce underage use of alcohol and adult binge drinking.
- Funds [21 counties to implement substance abuse prevention services](#) through County Boards of Supervisors.
- [Funds services](#) to Iowa's three highest need counties to address and reduce prescription drug misuse for Iowans aged 12 and older.
- Funds helpline information, resource and referral services through [Your Life Iowa](#).
- Funds prevention initiatives and health promotion campaigns to raise awareness of substance misuse and problem gambling.
- Funds the [Iowa Youth Survey](#) every two years to measure attitudes and experiences of sixth, eighth and eleventh graders. (cont.)



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**IDPH**  
IOWA Department  
of PUBLIC HEALTH

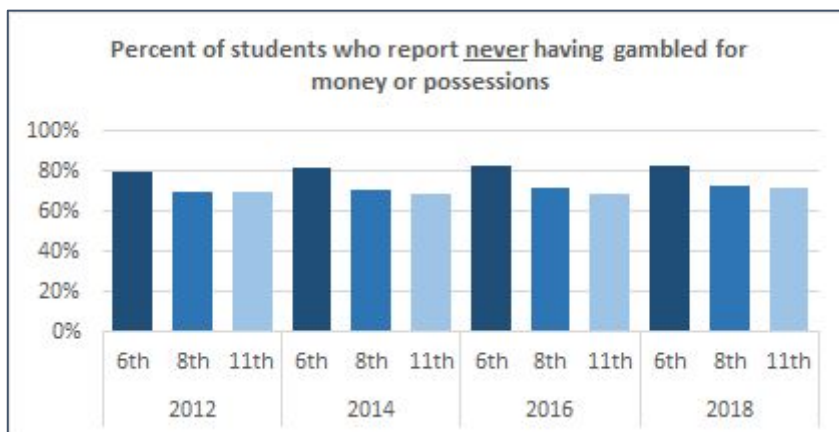
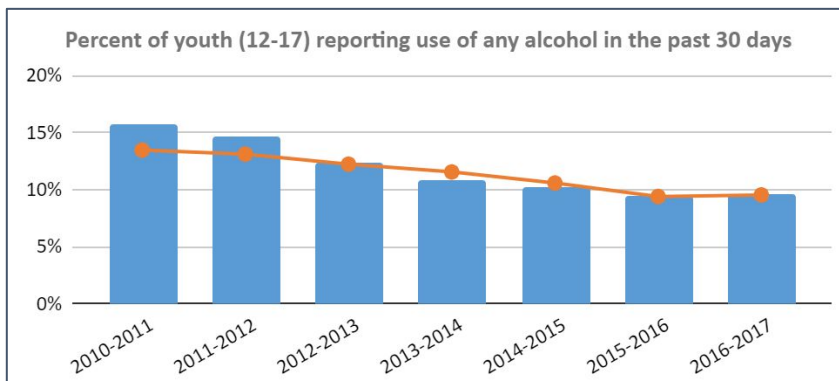
### Why is prevention important to Iowans? (cont.)

- The percentage of persons aged 18 or older reporting current cigarette use has decreased since 2013.
- While the rate of illicit, opioids-related overdoses (including heroin) per 100,000 persons is relatively low compared to alcohol-related mortality in Iowa; it is trending lower than rates in the US.
- The perceived risk associated with using alcohol, marijuana and cigarettes among Iowans aged 12 or older has remained steady since 2008.

### What does the department do? (cont.)

- Develops and distributes the [Matter of Substance](#) newsletter.
- Enhances professional development among contracted agencies by providing [Substance Abuse Prevention Skills Training](#).
- Seeks to build and expand the capacity of [mentoring programs](#).

### How do we measure our progress?



### What can Iowans do to help?

- Become educated on the signs, symptoms and other information and resources for problem substance use and problem gambling by visiting <https://yourlifeiowa.org> or by calling 1-855-581-8111, texting (standard data rates may apply) 1-855-895-TEXT or using the 24-hour online chat at <https://yourlifeiowa.org>.
- Visit the IDPH website to explore programs that address [substance misuse](#), and for programs addressing [problem gambling](#).

### Resources

	SFY 2018 Actual	SFY 2019 Actual	SFY 2020 Estimate
State Funds	\$2,355,697	\$2,582,460	\$2,862,948
Federal Funds	\$5,160,817	\$6,311,719	\$6,488,201
Other Funds	\$911,293	\$926,539	\$1,050,000
<b>Total Funds</b>	<b>\$8,427,806</b>	<b>\$9,820,719</b>	<b>\$10,401,149</b>
FTEs	6.84	8.89	7.08